

Chicken Alfredo With a Twist

VAN BUREN MIDDLE SCHOOL

Kettering, Ohio

Our Story

Located in southwest Ohio, Van Buren Middle School is a proud member of the Kettering City School Family. Out of the nine recipes developed for testing, two were submitted to the *Recipes for Healthy Kids* Competition, and the Chicken Alfredo With a Twist recipe proved to be a winner!

This recipe saves on fat and calories by using fat-free half and half, and boosts the fiber content by incorporating whole grains. Whole-wheat rotini noodles are used to replace traditional fettuccini noodles. These 'twists' make this a healthy alternative to the classic chicken alfredo. Pair a serving with a refreshing vegetable side dish to give your kids a meal that is sure to please!

School Team Members

SCHOOL NUTRITION PROFESSIONAL: Louise Easterly, LD, SNS

CHEF: Rachel Tilford

COMMUNITY MEMBER: Mary Kozarec (School Nurse)

STUDENTS: Graham B., Jonathan A., Shawnrica W., and Savannah S.

Whole Grains

This rich and creamy recipe gives ordinary chicken alfredo a healthy twist, combining fat-free half and half with canned cream of chicken soup and whole-wheat rotini noodles.



Chicken Alfredo With a Twist

Ingredients

- 2 ½ cups** Rotini pasta, whole-wheat, dry (10 oz)
- 2 cans** Low-fat, reduced-sodium cream of chicken soup (two 10¾-oz cans)
- 1 ⅓ cups** Fat-free half and half
- ¼ tsp** Ground white pepper
- ⅛ tsp** Garlic powder
- ⅓ cup** Grated parmesan cheese
- 3 cups** Cooked diced chicken, ½" pieces (12 oz)

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Makes six 1-cup servings

Directions

1. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered about 8-10 minutes or until tender. Do not overcook. Drain well.
2. Mix soup, half-and-half, pepper, garlic powder, parmesan cheese, and chicken in a large pot. Cook for 5 minutes over medium heat, stirring often. Heat to 165 °F or higher for at least 15 seconds
3. Combine noodles and sauce right before serving. Serve hot.

Note: Keep noodles and sauce separate until serving time. Sauce will thicken upon standing.

1 cup provides 2 ¼ oz equivalent meat/meat alternate and 1 ¼ oz equivalent grains.

Nutrients Per Serving: Calories **345**, Protein **30 g**, Carbohydrate **41 g**, Dietary Fiber **3 g**, Total Fat **8 g**, Saturated Fat **4 g**, Cholesterol **69 mg**, Vitamin A **450 IU (29 RAE)**, Vitamin C **<1 mg**, Iron **2 mg**, Calcium **174 mg**, Sodium **572 mg**